

Aspire Academy Trust is delighted to introduce Aspire Catering Services. Overleaf is our Autumn Term Menu 2020.

Our aim is to ensure that all of our children can access a varied menu of fresh, home-cooked and nutritionally balanced meals every day. All of our dishes are carefully created to ensure they are nutritious, delicious and not only comply with, but exceed, the School Food Standards, as set out by the Government and Ofsted.

Our Catering Team will be creating exciting and engaging workshops for our pupils and wider school community. Our pupil activities will complement the curriculum of each academy and take a 'Whole School' approach to food and catering.

We are working hard to create a culture of sustainability across the Trust by eliminating single use plastics, reducing our food waste and engaging with our suppliers to reduce our carbon footprint.

We are proud of our Cornish heritage and are delighted to be working with local suppliers for all our produce to ensure that we keep our food miles low and support our local communities.

We are excited to bring this service to and welcome all of our pupils and parents to join us in our mission to provide 'Food for Thought'.

Jacket Potatoes are available with a choice of fillings. Please see menu

Fresh Homemade Bread is available daily.

Children are encouraged to try and eat a RAINBOW of colours daily.



Choice of Yoghurt or Fruit is available as an additional dessert daily.

Fresh drinking water is freely available.

If your child has additional dietary needs please speak to

Aspire Catering Services
Aspire Academy Trust
Unit 20
St Austell Business Park
Carclaze, St Austell,
Cornwall,
PL25 4FD



Aspire
Catering
Services

Food for
Thought

TLA Autumn
Term Menu
2020
£2.35 per child

Week 1

Wk beg: 02/11, 23/11, 14/12

MEATFREE MONDAY

Cheese & Tomato Pizza



Or

Savory rice

Pineapple upside down cake with
custard

TUESDAY

Sausage Pasta Bake

Or Cheesy Pasta Bake

Jacket Potato & Tuna Crun

Shortbread



ROAST WEDNESDAY

Roast Gammon

Or

Quorn Roast

Roast Potatoes & Yorkshire Pudding

Seasonal Vegetables

Ice Cream

THURSDAY

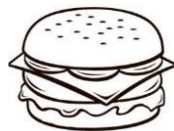
Burger & Homemade Wedges

Or

Veggie Burger

JP with Tuna Crunch

Victoria Sponge



FISH FRIDAY

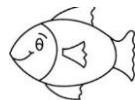
Fish Fingers

Or

Quorn Dippers

Chips

Chocolate Sponge



Week 2

Wk beg: 09/11, 30/11

MEATFREE MONDAY



Mac Cheese

Or

Quorn Shepherd's pie

Angel delight

TUESDAY

Chicken Curry with Rice

Or

Vegetable Curry or

Jacket Potato with Cheese

Lemon Drizzle Cake

ROAST WEDNESDAY

Roast Turkey

Or

Quorn Roast

Roast Potatoes & Yorkshire Pudding

Seasonal Vegetables

Smoothie



THURSDAY

Hot Dog

Or

Vegetarian Sausage

Homemade Wedges

Flapjack

FISH FRIDAY

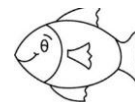
Fish and Chips

Or

Cheese and Bean Wrap

Chips

Cookie



Week 3

Wk beg: 16/11, 07/12

MEATFREE MONDAY

Cheese & Tomato Pizza

Or

Vegetable Chinese noodles

Apple crumble with custard



TUESDAY

Chicken and country vegetable pie

Or Vegetable pie

Jacket Potato with Cheese

Apple Cake

ROAST WEDNESDAY

Roast Pork

Or

Quorn Roast

Roast Potatoes & Yorkshire Pudding

Seasonal Vegetables

Ice Cream

THURSDAY

All Day Breakfast

Or

Veggie Breakfast

Jacket Potato with Beans or Sausage

Rice Crispy Slice

FISH FRIDAY

Fishcakes

Or

Quorn Dippers

Chips

Pear and Chocolate Cake

